

DRAW YOUR HEART

Our hearts hold a lot in it, sometimes more than we can realise. This exercise helps traditionally to express or highlight the emotions or feelings we experience in our heart.

Our version of it is to draw, colour and celebrate what lies in your heart at large.

We can carry people- family, friends, lovers, old coworkers or professors. When someone has an impact on us, we make space for them in our heart.

The general practice of love talks about "the one" but what about "the many"? What if people are like pieces of a jigsaw puzzle and each have a different place, instead of one as a whole?

We encourage you to draw in and colour what people or even things (pizzas or coffee, puzzles or board games, pride marches or live performances. There is place for more than one thing. See for yourself!

